

Aquatics

Swimming Pool Phone Number (650) 616-7191

2013 Season: June 15 - September 1

The San Bruno City Park Pool is located at Crystal Springs and Oak Avenues in San Bruno City Park, adjacent to the Veteran's Memorial Building. The pool is an "L" shape, 25x20 yards, 3 to 10 feet deep, and heated to approximately 83 degrees. The facility also has a toddler pool approximately 1 foot deep. Each child utilizing the toddler pool must be accompanied and directly supervised by a paying adult. If special assistance is needed, please notify the Pool Staff. For list of pool rules see our website at www.sanbruno.ca.gov_parks_sbpool.html.

June 15 - August 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Water Aerobics 9:30am-10:30am	Water Aerobics 9:30am-10:30am
Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Lap Swim 10:45am-12:45pm	Lap Swim 10:45am-12:45pm
Rec Swim 1:00-3:30pm	Rec Swim 1:00-3:30pm	Rec Swim 1:00-3:30pm	Rec Swim 1:00-3:30pm	Rec Swim 1:00-3:30pm	Rec Swim 1:00-4:00pm	Rec Swim 1:00-4:00pm
Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	The Swimming Pool is available for private parties on Fridays, Saturdays and Sundays after 4:30pm. For further information, call (650) 616-7180.		
Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm			

August 19 - September 1 (no weekday Rec Swim)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Water Aerobics 9:30am-10:30am	Water Aerobics 9:30am-10:30am
Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Lap Swim 10:45am-12:45pm	Lap Swim 10:45am-12:45pm
Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm		Rec Swim 1:00-4:00pm	Rec Swim 1:00-4:00pm
Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm			

All lap swim passes and water aerobic passes issued in 2013 must be used during the 2013 swim season.

Recreational Swim

Children under 10 must be accompanied by a paying adult.

Fees:

0-2 years: Free

3-54 years: \$3

55-over: \$2.50

Family (up to 5 people): \$12

25 Use Pass: \$62.50

50 Use Pass: \$125

Season Pass: \$280 R, \$295 NR

Water Aerobics

Ages 12 & over

Fees:

Drop-In: \$4.50

10 Use Pass: \$40 R, \$42 NR

Season Pass: \$200 R, \$215 NR

Lap Swim

(All swimmers must swim laps)

Fees:

Drop In: \$4

10 Use Pass: \$35 R, \$38 NR

Season Pass: \$145 R, \$160 NR

Water Aerobics & Lap Swim Pass

Ages 12 & over

Fees: Season Pass: \$270 R, \$285 NR

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Swimming Lessons

Session 1: Monday-Thursday for one week only (4 classes)

Session 2, 4, 5, 6: Monday-Thursday for two weeks (8 classes)

Session 3: Monday-Thursday for two weeks. **No class 7/4** (7 classes)

Group lessons will have six or seven students per one instructor.

Private lessons will consist of four half hour lessons, with one child and one instructor. Prices and times for private lessons are on page 21.

If you have any questions regarding lessons, feel free to call The San Bruno Park Pool at (650) 616-7191 after June 15th or Jennie Tucker, Recreation Supervisor at (650) 616-7184.

Swimming Lessons For 6 Months To 3-Year Olds

Pre-Tiny Tots (parent/guardian involvement mandatory)

The Pre-Tiny Tot class is designed for children **6 - 35 months** (6 months to 2 years 11 months) and their parent/adult. This class is held in the big pool and will teach adults basic water adjustment and safety skills for their children. This is an orientation to swim lessons.

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	11:15-11:45am		1401.302	1401.303	1401.304	1401.305	1401.306
M-Th	5:25-5:55pm	1402.301	1402.302	1402.303	1402.304	1402.305	1402.306

Tiny Tots (no parent/guardian involvement)

The Tiny Tots classes are for children comfortable in a structured class setting with no parent involvement. This entry-level class is taught primarily in 1 foot of water and will teach the toddlers to become comfortable in the water. **3 Year Olds Only.**

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	10:00-10:30am		1501.302	1501.303	1501.304	1501.305	1501.306
M-Th	12:15-12:45pm		1502.302	1502.303	1502.304	1502.305	1502.306
M-Th	4:45-5:15pm	1503.301	1503.302	1503.303	1503.304	1503.305	1503.306
M-Th	5:25-5:55pm	1504.301	1504.302	1504.303	1504.304	1504.305	1504.306

SUPER Tiny Tots (no parent/guardian involvement)

This class is designed for children ages 3 years old who are already comfortable in the water and can completely submerge their head under water. This class will be taught in the big pool. Children must have completed the Tiny Tot level and be comfortable in the big pool prior to enrolling. This is a perfect class for toddlers that can swim on their own, but are too young for the Level 1 class. **3 Year Olds Only.**

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	11:45am-12:15pm		1601.302	1601.303	1601.304	1601.305	1601.306
M-Th	5:25-5:55pm	1602.301	1602.302	1602.303	1602.304	1602.305	1602.306
M-Th	6:25-6:55pm	1603.301	1603.302	1603.303	1603.304	1603.305	1603.306

Swimming Lessons For Ages 4 & Up

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Level 1: Water Exploration

Prerequisite: 4 years old with little or no swimming experience. At this level, students will learn to put their face in the water and enjoy the water safely. To pass this level, children must swim 5 yards independently. The course is taught primarily in the 3 ½ foot area of the pool. **Ages 4-over.** (We recommend beginners 12 and older schedule an Adult Lesson or Private Lesson.)

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	*9:30-10:00am		0101.302	0101.303	0101.304	0101.305	0101.306
M-Th	10:00-10:30am		0102.302	0102.303	0102.304	0102.305	0102.306
M-Th	10:30-11:00am		0103.302	0103.303	0103.304	0103.305	0103.306
M-Th	11:15-11:45am		0104.302	0104.303	0104.304	0104.305	0104.306
M-Th	11:45am-12:15pm		0105.302	0105.303	0105.304	0105.305	0105.306
M-Th	*12:15-12:45pm		0106.302	0106.303	0106.304	0106.305	0106.306
M-Th	3:45-4:15pm		0107.302	0107.303	0107.304	0107.305	0107.306
M-Th	*4:15-4:45pm	0108.301	0108.302	0108.303	0108.304	0108.305	0108.306
M-Th	4:45-5:15pm	0109.301	0109.302	0109.303	0109.304	0109.305	0109.306
M-Th	5:25-5:55pm	0110.301	0110.302	0110.303	0110.304	0110.305	0110.306
M-Th	*5:55-6:25pm	0111.301	0111.302	0111.303	0111.304	0111.305	0111.306
M-Th	6:25-6:55pm	0112.301	0112.302	0112.303	0112.304	0112.305	0112.306

Level 2: Primary Skills

Prerequisite: Completion of Level 1 or can swim 5 yards on their own. To pass this level, students must swim 20 yards of front crawl and 20 yard of back crawl. This class is often repeated. **Ages 4-over.**

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	9:30-10:00am		0201.302	0201.303	0201.304	0201.305	0201.306
M-Th	10:00-10:30am		0202.302	0202.303	0202.304	0202.305	0202.306
M-Th	*10:30-11:00am		0203.302	0203.303	0203.304	0203.305	0203.306
M-Th	11:15-11:45am		0204.302	0204.303	0204.304	0204.305	0204.306
M-Th	*11:45am-12:15pm		0205.302	0205.303	0205.304	0205.305	0205.306
M-Th	12:15-12:45pm		0206.302	0206.303	0206.304	0206.305	0206.306
M-Th	*3:45-4:15pm		0207.302	0207.303	0207.304	0207.305	0207.306
M-Th	4:15-4:45pm	0208.301	0208.302	0208.303	0208.304	0208.305	0208.306
M-Th	*4:45-5:15pm	0209.301	0209.302	0209.303	0209.304	0209.305	0209.306
M-Th	5:25-5:55pm	0210.301	0210.302	0210.303	0210.304	0210.305	0210.306
M-Th	5:55-6:25pm	0211.301	0211.302	0211.303	0211.304	0211.305	0211.306
M-Th	6:25-6:55pm	0212.301	0212.302	0212.303	0212.304	0212.305	0212.306



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Level 3: Stroke Readiness

Prerequisite: Level 2 certificate or can swim 20 yards front crawl independently. Students must be able to tread water and be comfortable in deep water prior to enrollment. This class focuses on stroke and side breathing refinement. The course is taught in the 4-5 foot area of the pool. **Ages 4-over.**

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	9:30-10:00am		0301.302	0301.303	0301.304	0301.305	0301.306
M-Th	10:00-10:30am		0302.302	0302.303	0302.304	0302.305	0302.306
M-Th	10:30-11:00am		0303.302	0303.303	0303.304	0303.305	0303.306
M-Th	11:45am-12:15pm		0304.302	0304.303	0304.304	0304.305	0304.306
M-Th	3:45-4:15pm		0305.302	0305.303	0305.304	0305.305	0305.306
M-Th	4:15-4:45pm	0306.301	0306.302	0306.303	0306.304	0306.305	0306.306
M-Th	4:45-5:15pm	0307.301	0307.302	0307.303	0307.304	0307.305	0307.306
M-Th	5:55-6:25pm	0308.301	0308.302	0308.303	0308.304	0308.305	0308.306
M-Th	6:25-6:55pm	0309.301	0309.302	0309.303	0309.304	0309.305	0309.306

Level 4: Stroke Development

Prerequisite: Level 3 certificate. This class includes "lap swimming". Students must be able to swim 25 yards comfortably. Students continue to refine learned strokes and are introduced to breaststroke, sidestroke, and turning at the wall. The course is taught in the 5-10 foot area. **Ages 6-over.**

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	11:15-11:45am		0401.302	0401.303	0401.304	0401.305	0401.306
M-Th	12:15-12:45pm		0402.302	0402.303	0402.304	0402.305	0402.306
M-Th	4:15-4:45pm	0403.301	0403.302	0403.303	0403.304	0403.305	0403.306
M-Th	4:45-5:15pm	0404.301	0404.302	0404.303	0404.304	0404.305	0404.306
M-Th	6:25-6:55pm	0405.301	0405.302	0405.303	0405.304	0405.305	0405.306

Level 5: Stroke Refinement

Prerequisite: Level 4 certificate. Students refine and gain endurance for key strokes and are introduced to butterfly and open turns. This course is taught in the lanes with a length of 25 yards. **Ages 6-over.**

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	10:00-10:30am		0501.302	0501.303	0501.304	0501.305	0501.306
M-Th	3:45-4:15pm		0502.302	0502.303	0502.304	0502.305	0502.306
M-Th	5:25-5:55pm	0503.301	0503.302	0503.303	0503.304	0503.305	0503.306

Level 6: Swimming & Skill Proficiency

Prerequisite: Level 5 certificate and all strokes are refined. Students will polish strokes to swim with more ease, efficiency, power, and smoothness over greater distances. Introduces additional turns (flip turns and backstroke turns). **Ages 6-over.**

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	9:30-10:00am		0601.302	0601.303	0601.304	0601.305	0601.306
M-Th	5:55-6:25pm	0602.301	0602.302	0602.303	0602.304	0602.305	0602.306

Fitness Swim/Pre-Swim Team

Prerequisite: Level 6 certificate and refined strokes. This is the perfect class for someone who has passed Level 6 but still wants to improve their endurance. This also is a good class for someone on a swim team who wants to practice in the off season. This class will be conducted like a swim team practice. Students will be expected to know all strokes and will be swimming laps the entire 30 minutes. **Ages 6-over.**

Days	Times	Session 1 6/10-6/13 \$28R/\$34NR	Session 2 6/17-6/27 \$56R/\$70NR	Session 3 7/1-7/11 \$49R/\$59NR	Session 4 7/15-7/25 \$56R/\$70NR	Session 5 7/29-8/8 \$56R/\$70NR	Session 6 8/12-8/22 \$56R/\$70NR
M-Th	9:00-9:30am		0701.302	0701.303	0701.304	0701.305	0701.306

Adult Swim Lessons

This course is designed for teens and adults who have never taken swimming lessons before, or who have a fear or apprehension of water. Sessions are four classes each one hour long. **Ages 12-over.**

Days	Times	Session 1 6/17-6/20 \$56R/\$70NR	Session 2 6/24-6/27 \$49R/\$59NR	Session 3 7/15-7/18 \$56R/\$70NR	Session 4 7/22-7/25 \$56R/\$70NR	Session 5 7/29-8/1 \$56R/\$70NR	Session 6 8/5-8/8 \$56R/\$70NR
M-Th	8:05-9:05pm	0801.301	0801.302	0801.303	0801.304	0801.305	0801.306

Private Lessons (4 classes)

This class offers participants who are beginning to swim, or wanting to improve their skills, a chance to work one-on-one with an instructor for four consecutive classes. Private lessons can be the appropriate setting to assist you or your child in water confidence or skill refinement. Each session consists of four one half hour lessons. **Ages 3-over.**

(Maximum of 1 student to 1 teacher)

Days	Times	Session 1 6/10-6/13 \$125R/140NR	Session 2 6/17-6/20 \$125R/140NR	Session 3 6/24-6/27 \$125R/140NR	Session 4 7/1-7/3 \$94R/\$113NR	Session 5 7/8-7/11 \$125R/\$140NR	Session 6 7/15-7/18 \$125R/140NR
M-Th	(2) 9:00-9:30am		1001.302	1001.303	1001.304	1001.305	1001.306
M-Th	10:30-11:00am		1002.302	1002.303	1002.304	1002.305	1002.306
M-Th	11:15-11:45am		1003.302	1003.303	1003.304	1003.305	1003.306
M-Th	(2) 3:15-3:45pm		1004.302	1004.303	1004.304	1004.305	1004.306
M-Th	3:45-4:15pm		1005.302	1005.303	1005.304	1005.305	1005.306
M-Th	4:15-4:45pm	1006.301	1006.302	1006.303	1006.304	1006.305	1006.306
M-Th	5:55-6:25pm	1007.301	1007.302	1007.303	1007.304	1007.305	1007.306
M-Th	6:25-6:55pm	1008.301	1008.302	1008.303	1008.304	1008.305	1008.306

Days	Times	Session 7 7/22-7/25 \$125R/140NR	Session 8 7/29-8/1 \$125R/140NR	Session 9 8/5-8/8 \$125R/140NR	Session 10 8/12-8/15 \$125R/140NR	Session 11 8/19-8/22 \$125R/140NR
M-Th	(2) 9:00-9:30am	1001.307	1001.308	1001.309	1001.310	1001.311
M-Th	10:30-11:00am	1002.307	1002.308	1002.309	1002.310	1002.311
M-Th	11:15-11:45am	1003.307	1003.308	1003.309	1003.310	1003.311
M-Th	(2) 3:15-3:45pm	1004.307	1004.308	1004.309	1004.310	1004.311
M-Th	3:45-4:15pm	1005.307	1005.308	1005.309	1005.310	1005.311
M-Th	4:15-4:45pm	1006.307	1006.308	1006.309	1006.310	1006.311
M-Th	5:55-6:25pm	1007.307	1007.308	1007.309	1007.310	1007.311
M-Th	6:25-6:55pm	1008.307	1008.308	1008.309	1008.310	1008.311

Lifeguard Training Class Information is on page 8.